

The Scuttlebutt Chronicles

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VSO Quarterly Newsletter

Volume No. 11, July, August, September 2021

Veterans Services Team Member

Let me introduce you to **Tarah Adner**

Tarah and her family moved from the Sacramento area to the Redding area when she was a child. One of 9 siblings, she played Volleyball throughout her Elementary and Junior High school years. Tarah joined the Veterans Services Office 2 years ago after leaving H&R Block. She began as a part time member of the VSO team and then at last she was hired as a full time VSO family member. Tarah chose to work for the VSO to honor the military members in her family and pay it forward. Tarah is not married-YET- but is engaged. She and her fiancé are parents to her fur baby Marley. Tarah enjoys gardening, catch and release fishing and finds macrame intriguing. In her off time she is a treadmill, Netflix and streaming connoisseur! She enjoys spending quiet evenings with her mini family. Tarah has an adventurous spirit and plans to travel back to Norway someday in hopes to dive deeper into her heritage.

Tarah Adner

Office Assistant II

Employee Spotlight



Refill or Renew? Getting VA Prescriptions

Find out if you need a prescription refilled or renewed

When you run out of your VA prescription medication, do you know how to get more? VA pharmacies can process most of your prescription refill requests. Keep in mind that there are certain cases when VA may not be able to offer a refill. Instead, you may need a *renewal*. A renewal is a different kind of request, and it's important to remember the difference.

Refill requests vs. renewal requests

Providers determine how many prescription refills you can request between appointments. If you need more medication and have no refills left or the prescription is expired or discontinued, you'll need to **request a renewal**.

How to request a prescription refill

Prescription refills can be requested online via **My HealtheVet**, on the Rx Refill mobile app, by phone, or through the mail. To make sure you get your medication before you run out, request refills at least 15 days before you need it. You could even schedule a refill the day your medication arrives. The medication won't be processed for shipping until its **fill date**.

How to request a prescription renewal

Start thinking about renewing your prescription as soon as you have zero refills left. Requesting a renewal of a VA prescription could be as simple as reaching out to your provider. You can ask for a renewal via **Secure Messaging** (*sign in required*), phone, or during an appointment. The phone number on most prescription labels can direct you to an automated pharmacy line for renewal requests without needing to talk to anyone.

Prescriptions and copayments can be hard to navigate. VA has resources available to help. To access all the best features of My HealtheVet, like tracking prescription deliveries, upgrade to a **Premium account**.



U.S. Department
of Veterans Affairs

The Board of Veterans' Appeals (BVA) has held over 13,000 virtual tele-hearings. These virtual tele-hearings allow the Board to hold hearings for Veterans safely and efficiently from wherever the Veteran chooses. Best of all, the technology allows the Board to be more efficient and more productive, increasing the number of yearly hearings it can hold.

What is a hearing?

When a Veteran disagrees with a decision that VA made on their compensation claim, the Veteran has three options when asking for another look at the decision. One of those options is called an appeal, which is sent to BVA (the Board). At the Board, the Veteran has the choice to request a hearing with a Veterans Law Judge (Judge). The Veteran, their representative and the Judge all meet to discuss the Veteran's appeal.

The Judge is there to help, asking the Veteran questions to better understand the appeal. After the hearing, the appeal is held for about 90 days or more before the Judge reviews the appeal and issues a decision.

Requesting a hearing does take the Board longer to decide the appeal. That's because a lot of Veterans ask for hearings (more than 85,000 are waiting). Virtual tele-hearings allow the Board to hold more hearings. More hearings enable the Board to get more Veterans a faster decision.

But we need your help: the Board wants to hold 50,000 hearings in 2021.

2020, a record year

In 2020, the Board issued over 100,000 decisions to Veterans, a record number. The Board didn't stop holding Veterans' hearings during the COVID-19 pandemic, it just moved to virtual tele-hearings. This year so far, more than 13,000 Veterans have had a virtual tele-hearing and will receive decisions on their appeals.

What's different about a virtual hearing?

Virtual tele-hearings allow the Veteran and representative to use their cellphone, computer, or tablet to have a hearing with a Veterans Law Judge. It's just like a virtual doctor appointment. The Veteran can do this from their home, from a car, or from any location with Wi-Fi.

How does it work?

If the Veteran chooses a virtual tele-hearing, the Board will send the Veteran or person assisting the Veteran an email with connection details. This email will connect the Veteran to a hearing with the Judge. The Board has people standing by to help if there are any technical difficulties before or during the hearing. A Veteran's family member or caregiver can also attend and assist.

VA



U.S. Department of Veterans Affairs

Is it the same as other Board hearings?

Yes, except the Board gets to the Veteran's place in line much quicker! Currently, the Board has approximately 25 Judges available every day to hold hearings. Once the hearing is held, the Veteran's appeal will move forward in the decision process.

How do you get one?

Call your representative and tell them to call the Board and ask for a virtual tele-hearing, or send the Board an email requesting a virtual hearing at BVAVirtualHearing@VA.gov.

Do I have to wait for a hearing?

No, a hearing is not required for your appeal. A Judge can do a through review of your appeal and the submitted evidence and make a decision with no hearing. This is the fastest way to receive a decision from the Board.

What other kinds of hearings are available?

Video hearings are when a Veteran travels to their closest regional office and teleconferences with the Judge in Washington, D.C. Video hearings are open depending on the status of the regional office, and we are only able to accommodate a limited amount to Veterans to make sure everyone is socially distant and safe. Good news: if you selected a video hearing, you can ask your representative to change your hearing to a virtual hearing by emailing the Board at BVAVirtualHearing@VA.gov.

Central Office hearings are where a Veteran travels to Washington, D.C., for their in-person hearing with a Judge. Central Office hearings are open, but capacity is limited to ensure appropriate social distancing and sanitized hearing rooms. If you prefer not to wait, the Board has openings for virtual tele-hearings. You may also switch your Central Office hearing to a video hearing at the regional office or to a virtual tele-hearing. Travel Board hearings are where a Veteran travels to a regional office for an in-person hearing with a Judge. Travel Board hearings are currently suspended! The Board has not held a Travel Board hearing in over a year and does not have a timeline to resume this type of hearing. The Board anticipates significant delays for those Veterans wishing to have a Travel Board hearing. Don't delay: You can switch your Travel Board hearing to a video hearing at the RO or a virtual tele-hearing.

While the Board offers different types of hearings, selecting a virtual tele-hearing is the fastest way for a Veteran to have a hearing to get a decision.

The Board wants to be able to make a decision on all appeals without delay. If you choose a virtual tele-hearing, it will not change anything about your appeal and it may get your decision decided faster.

DISABLED VETERANS' EXEMPTION

Under certain conditions disabled veterans and spouses of deceased veterans may be eligible for an exemption on their residence as follows:

Lien Date	Exemption		Income Limit*
	Basic	Low-Income	
1/1/2021	\$147,535	\$221,304	\$66,251
1/1/2020	\$143,273	\$214,910	\$64,337
1/1/2019	\$139,437	\$209,156	\$62,614
1/1/2018	\$134,706	\$202,060	\$60,490

**Eligibility for the higher exemption amount is predicated on the household income not exceeding the limit shown for the preceding calendar year.*

Once the disabled veterans' exemption is granted, it will remain in effect either until you are no longer on title to the property, you move from the property, or your disability rating changes. However, if you are claiming the increased exemption amount, you will need to annually file a claim stating the amount of your annual income.

QUALIFYING CONDITIONS FOR DISABLED VETERAN

The property must be the veterans' principal place of residence.

and

The veteran, veteran's spouse, or both the veteran and veteran's spouse must be on title to the property (including ownership in a corporation).

and

The veteran, due to a service connected condition, is rated by the Veterans Administration as 100% disabled, is compensated as 100% disabled, is blind in both eyes, or has lost the use of two or more limbs.

QUALIFYING CONDITIONS FOR SPOUSE OF DISABLED VETERAN

The spouse was married to the veteran at the time of the veteran's death.

and

The spouse is unmarried.

and

The property is the spouse's principal place of residence.

and

The spouse is on title to the property.

and either

The veteran died as a result of a service-connected condition or while on active duty.

or

The veteran was eligible for the disabled veterans' exemption during his/her lifetime.

FILING REQUIREMENTS FOR EXEMPTION

- ☐ Completed claim form
- ☐ Copy of letter from the Veterans Administration verifying service-connected disability or death (if veteran is deceased)
- ☐ Copy of veteran's discharge papers (DD214)
- ☐ Stated income amount, if applying for increased amount

Additional filing requirements for spouse of veteran:

- ☐ Copy of marriage certificate
- ☐ Copy of veteran's death certificate

In most cases, the filing deadline is 5:00 p.m. on February 15 for 100% of the exemption amount.

Leslie Morgan
Shasta County Assessor-Recorder
1450 Court Street, Suite 208-A
Redding, CA 96001-1667
TEL: 530-225-3600 FAX: 530-225-5673
County website: www.co.shasta.ca.us

Shasta County Veterans Hall

Brief History

The hall was dedicated on Memorial Day 1939...

Built with New Deal economic stimulus money during the Great Depression, the Veterans Memorial Building located in downtown Redding turned 82 this Year. The veteran's hall, an example of what's known as the Late WPA Moderne style, is one of a handful of architecturally significant buildings in Redding. Buildings like it "still stand as monuments to nationalism based on need," wrote architectural historian David Gebbard in his book "Architecture in San Francisco and Northern California." "That was a great era of design," said Redding architect Les Melburg of the Moderne period. "It's a great building - there's an industrial chic to it, a classic simplicity but with layers of details and design interest."

The building was designed by the Masten and Hurd architectural firm of San Francisco. It later helped design Foothill College in Los Altos Hills and the McAllister Building at Hastings College of Law in San Francisco. The contractor was Adam Arras & Son. The building was estimated to cost about \$70,000, the Shasta Dial newspaper reported in 1937. Some of the money came from local taxes, but most came from the Federal Emergency Administration of Public Works. A weathered brass plaque near the entry lists the names of President Franklin D. Roosevelt and Harold L. Ickes, his administrator of public works. Years later, it's a wonder the Redding veterans hall escaped the wrecking ball. In the 1970s, the hall was in such bad shape that one outspoken World War I veteran, Henry Butler, called it a "disgrace to the city and the county" and accused the board of supervisors of "neglect." At the time, rainwater poured through the roof onto the maple floor, fire doors wouldn't open and the landscaping was neglected. Under pressure from veterans, the supervisors found money to make the needed repairs.

Veterans groups, such as the Veterans of Foreign Wars and the American Legion, aren't charged to use the hall. Neither are county departments, which use the hall for training sessions and other functions..

The Redding hall accounts for about a quarter of the roughly \$90,000 a year the county spends on its four veterans halls - the others are in Anderson, Burney and Fall River. Flora Pearson of Redding, a veterans activist and historian of the hall, remembers relations improving dramatically with the arrival of Doug Latimer, former county administrative officer. "He was an Army brat. He appreciated veterans," Pearson recalled. Before Latimer arrived, county officials wanted to evict the veterans, tear down the hall or use it as storage, she said. Veterans aren't the only ones who have fond memories of the hall.

In the 1960s, for example, it hosted boxing matches on Saturday nights where ringside seats went for \$2.50 and trophies were sponsored by The Shack Restaurant, the Temple Tavern and Thatcher-Stevens Pontiac. In the 1950s, before Enterprise High School opened, some students went to school in makeshift classrooms in the hall. A few years later, Redding residents with mail to send or pick up marched into the hall while renovations were made to the U.S. Post Office next door, also an example of WPA Moderne architecture.

[Minority and Underrepresented Veterans \(ca.gov\)](https://www.ca.gov)

California is a richly diverse, state with an equally diverse veteran population. Of the nearly 1.6 million veterans in California, 661,432 are self-identified as an ethnic minority. While minority veterans comprise approximately 38 percent of the total California veteran population, as a group, they are less likely to access their veterans benefits than non-minority veterans.

The Minority and Underrepresented Veterans Division is Cal Vet's model for inter- and intra-agency cooperation and works to ensure all veterans receive equal access to services, regardless of race, ethnicity, country of origin, religion, gender, sexual orientation, or sexual, gender identity, or disability.

317,374
Hispanic or Latino
(Veterans in CA 2020)

18,184
American Indian and
Alaska Native
(Veterans in CA 2020)

1,525,620
Other
(Veterans in CA 2020)

I AM NOT INVISIBLE CAMPAIGN

- 2 Million women Veterans
- The campaign is four-fold
 - to recognize the service and contributions of women Veterans
 - to raise awareness of the responsibility to treat women Veterans with dignity and respect
 - to advocate for cultural transformation
 - to support the VA White Ribbon Campaign to eliminate harassment
- Action Plan
 - Permanent Portraits on a wall in a public space at each CBOC
 - Renaming of a Space of a selected women Veteran



**The Shasta County Veterans Services Office-
SUPPORTS THIS
Campaign for Women Veterans**

ATTENTION:

VSO
Approved



America's **JobCenter**
of California™

Services :

- Job Listing Services
- Resume Writing Services
- Computer Workshops
- In School Training Assistance
- On the Job Training (Worksite Training)

Guy Fieri's Quick BBQ Brisket

Ingredients:

Brisket rub

2 tablespoons paprika
2 tablespoons granulated garlic
1 tablespoon granulated onion
1 tablespoon chili powder
½ teaspoon cayenne pepper
1 tablespoon kosher salt
2 teaspoons freshly ground black pepper
4 pounds second-cut (deckle) beef brisket, cut into 3 equal pieces

BBQ sauce

2 cups Beef Stock, homemade or low-sodium store-bought
1 cup BBQ sauce ½ cup ketchup
¼ cup yellow mustard
2 tablespoons Worcestershire sauce
2 tablespoons apple cider vinegar
1 teaspoon liquid smoke
¼ teaspoon red chili flakes
2 tablespoons canola oil
1 large yellow onion, sliced ½ inch thick
1 red bell pepper, seeded and cut into ½-inch slices
1 green bell pepper, seeded and cut into ½-inch slices
One 12-ounce bottle lager beer
¼ cup thinly bias-sliced green onions (white and light green parts), for garnish
Kosher salt, for finishing the meat

Instructions:

To prepare the brisket rub, combine all the ingredients in a small bowl. Rub into and all over the brisket pieces. Wrap with plastic wrap and place in the refrigerator on a baking sheet for at least 2 hours and up to overnight.

To make the BBQ sauce, combine all the ingredients in a large bowl and whisk well to combine. Cover and set aside. In a pressure cooker over medium-high heat, heat the canola oil until hot.

Add the brisket pieces and cook for 6 to 7 minutes on each side, until well browned.

Add the onion and bell peppers to the pot and cook, stirring, until browned, 1 to 2 minutes.

Pour in the reserved BBQ sauce and the beer. Add enough water to come just three-quarters of the way up the sides of the beef in the pot. Bring to a simmer.

Cover with the pressure cooker lid and securely lock it in place according to the manufacturer's directions. Increase the heat to high and bring the cooker to high pressure; you can tell it's there by the steam escaping from the valve or a high-pitched whistling noise.

Reduce the heat to medium and cook for 45 minutes, adjusting the heat as necessary to maintain a steady, consistent pressure.

Remove the pressure cooker from the heat and let the pressure come down for 10 minutes. If the cooker has a dedicated steam or pressure release valve, carefully discharge any remaining gentle pressure by releasing it. If the cooker has just the top pressure regulator, wait for the cover lock to release, then carefully remove the regulator cap. Let the pot stand for 3 to 4 minutes. Unlock and remove the lid.

Using tongs, transfer the brisket to a plate and set aside. Place the pot with the braising liquid over high heat and simmer the sauce until reduced and slightly thickened. Slice the brisket against the grain, arrange it on a serving platter, and spoon the sauce, onion, and bell peppers on top. Garnish with the green onions and finish with a sprinkle of salt. Serve.

We have been busy!



In an effort to honor and appreciate our local Veterans, Groceries are available for you. Present your DL with **VETERAN** designation, DD214 or show us your VHA Health Card



GROCERIES FOR VETERANS

THE SALVATION ARMY
REDDING

Every Wednesday
9:00-11:00 AM
NO APPOINTMENT NEEDED

2691 Larkspur Lane Redding, CA 96003
530.222.2207 press 2



Our fallen heroes in Vietnam from Shasta County

Benjamin R. Anderson	Mark R. Ballard	James E. Baker
Lawrence J. Berglund	Peter V. Black	Terry L. Bueckert
Richard L. Brown	Lincoln E. Bundy	Jerry A. Caniney
Harold R. Christensen	Robert I. Crane	Thomas W. Crawford
David C. Cunningham	Mark E. Danks	Michael C. Grogan
Robert L. Denny	Michael E. Denny	Larry R. Davis
March G. Gentry	Shawn L. Greenfield	Brian N. Gentry
Norman H. Howell	Raymond O. Howell	Michael J. Davis
Sam W. Hedges	Steve A. Hedges	Michael J. Davis
Clayton D. Jackson	Ronald F. Kewler	Michael J. Davis
Jeffrey R. Layton	John A. McLaughlin	Michael J. Davis
Paul C. McVey	Kenneth D. McVey	Michael J. Davis
Rocky A. Moore	James H. Moore	Michael J. Davis
Edward J. Peterson	Paul J. Peterson	Michael J. Davis
Laurence D. Peterson	Robert J. Peterson	Michael J. Davis



Tuesday & Thursday
9:00 - 11:00am Only

Clothing Closet

The Salvation Army Redding
2691 Larkspur Lane
Redding, CA 96002
530.222.2207 Press #2

Clothing Vouchers are available
If you are needing help with clothing,
please stop by



Blood Drive

All donors must bring and wear a MASK or CLOTH-BASED FACE COVERING.

Shasta County Veterans Services Office

Friday, June 25 10 a.m. - 2 p.m.
1855 Shasta Street - Look for the Bloodmobile



Appointments strongly encouraged for social distancing.
For an appointment scan the QR code or go to donors.vitalant.org, click Blood Drive Code then enter SMFH047 or call Vitalant at 530.893.5433.
Please bring photo ID.
Please eat well and drink plenty of water prior to donating

vitalant

Family Laundry Day

Free laundry and food for those in need



Dates:

Sunday, March 7th, 10am-2pm, Westside Wash
Monday, March 15th, 9am-2pm
Sunday, April 4th, 10am-2pm, Westside Wash
Monday, April 19th, 9am-2pm
Sunday, May 2nd, 10am-2pm, Westside Wash
Monday, May 17th, 9am-2pm

Mondays, 1072 Lake Blvd. near Poppies Pizza
Pick up at Library: 9:00am - 12:00pm



JUNE 14, 2021 IS FLAG DAY and JUNE 14, 2021 IS THE 246 ARMY BIRTHDAY
SHASTA AMERICAN LEGION POST 187, SHASTA REMEMBER EVERYONE DEPLOYED
VIETNAM VETERANS OF AMERICA CHAPTER 157,
THE SHASTA COUNTY VETERANS SERVICE OFFICE, AND FLAG PROVIDED BY
THE ENTERPRISE LIONS CLUB.
SPONSOR AND CELEBRATE BOTH EVENTS ON
SAT. JUNE 12, 2021: 6 TO 9P HOSTED BY "THE PARK" - FOOD TRUCK HUB
1552 PLACER ST. REDDING, CA 96001
BETWEEN PLACER AND YUBA STS EAST AND ACROSS/EAST OF THE VETERANS HALL

The Park, Redding's only food truck park, located downtown offers up to 8 choices of delicious food for sale, and tons of fun for families, cupcakes compliments of the Veterans Organizations.
For more information please contact us on Facebook theparkreddingfoodtruckhub (530)-451-1580 vietnamveteransofamericachapter157 (530)-524-7504
Individuals interested in info about the Army please visit the local recruiting station 1611 Hilltop Dr. - 530-221-6116 Or goarmy.com to explore possibilities



Attention Veterans and Active Duty!

\$5.00 Haircuts!

Shasta School of Cosmetology now offers \$5 haircuts for all Veterans and active duty. Just present your Veteran card or Military ID (I.E. V.A. card, C.A.C ID, VFW, D.D. 214, ECT) to receptionist at check out.
All work performed by supervised students

Thank you for your service!

Veteran Barber Students
Chase-USAP
Marcus-USAP
Nicky-USMC
Jesus-US Army
Jay-USAP

END OF TRANSMISSION

28th Annual Memorial Service



Please Join Us As We Honor Military Personnel Lost in Service to Our Country

Please follow us on FB to see upcoming events/programs



The Food
Truck Park



Proclamation
which
recognizes the
71st Anniv. of
the Korean War



Now available for Veterans and their families! Assistance to our office and special delivery back to your vehicle

DASH

Redding's **FREE** Downtown Area Shuttle Service



Memorial Day 2021



BOS Recognition of
the 71st Anniversary
of the Korean War

&

31st Anniversary of the
Korean War
Appreciation Luncheon



VISIT US ON
facebook



Shasta County
Veteran Services Office
Office: 530-225-5616 Option #2

Visit our webpage for printable checklists.
vso@co.shasta.ca.us